



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<p>1 Qi Gong 10 a.m. Crafting with Fred 1-3 p.m. R&B Line Dancing 1-2 p.m. Bereavement Group 1:15 p.m. (1004) Carl's Tap Essentials 2-3 p.m. Veterans Pool Tournament 2 p.m.</p>	<p>2 Men's Social Group 10 a.m.-12 p.m. Chair Yoga 11 a.m.-12 p.m. Juggling Hour 2:30-3:30 p.m.</p>	<p>3 Men's Hike 9:30 a.m. HICAP 10 a.m. Employment Assistance 10 a.m.-12 p.m., 1-3 p.m. Walking Club 10-11 a.m. MCC Game Day 12-2 p.m. Men Living with HIV 1-3 p.m. Public Hearing 1:30-3 p.m.</p>	<p>4 Art Lab 10:30 a.m.-12:30 p.m. Housing Drop-in Assistance 1-4 p.m. Monster Movie 1:30 p.m. Transgender Perceptions 8 p.m.</p>	<p>5 AARP Smart Driver Course 10 a.m.-2 p.m. (1027) Ebony Sage Circle 1-3 p.m. (1023) Women's Chat 1:30 p.m. Women's Dinner 4:00 p.m.</p>
<p>7 Game Day 10 a.m.-12 p.m. Senior Writing Group 1-3 p.m. (1005) Reading Opens Minds 1:15-2:45 p.m. Employment Tips for 50+ 1:30-2:30 p.m.</p>	<p>8 Get Out & Bowl 10:30 a.m. (1012) Crafting with Fred 1-3 p.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (1004) Carl's Tap Essentials 2-3 p.m. LGBTech w/ Mom's Computer 2:30 p.m.</p>	<p>9 Men's Social Group 10 a.m.-12 p.m. Men's Support Chat 11 a.m. (1007) Chair Yoga 11 a.m.-12 p.m. Beg. Tap Dancing Lessons 1-2 p.m. Juggling Hour 2:30-3:30 p.m.</p>	<p>10 Men's Hike 9:30 a.m. Alzheimer's Caregiver Support 10:30 a.m. Employment Assistance 10 a.m.-12 p.m., 1-3 p.m. Housing Supportive Network 11 a.m. MCC Case Management 12-2 p.m. MCC Movie Screening 12-2 p.m. Men Living with HIV 1-3 p.m. Brain Power 1 p.m.</p>	<p>11 Art Lab 10:30 a.m.-12:30 p.m. Housing Drop-in Assistance 1-4 p.m. Sharpening up Interview Skills 1-2:30 p.m. (1024) Meditation & Relaxation 1:30 p.m. Life Connections 2-3:30 p.m. Karaoke 3-4 p.m. Sculptural Storytelling Reception: Coming Out! 6-9 p.m. (1003) Transgender Perceptions 8 p.m.</p>	<p>12 Veterans Morning Hike 9 a.m. AARP Smart Driver Course 10 a.m.-2 p.m. (1027) Rusty's Gay Swing & Sway 1-3 p.m. Women's Support Chat 1:30 p.m. (1006)</p>
<p>14 Game Day 10 a.m.-12 p.m. Farmers Market 11 a.m.-12 p.m. Senior Writing Group 1-3 p.m. (1005) Divination Class 1:30-3 p.m. (1014)</p>	<p>15 Qi Gong 10 a.m. Crafting with Fred 1-3 p.m. Movie for Vets 1 p.m. Bereavement Group 1:15 p.m. (1004) Carl's Tap Essentials 2-3 p.m.</p>	<p>16 Men's Social Group 10 a.m.-12 p.m. Chair Yoga 11 a.m.-12 p.m. Metro's On the Move Riders Program 1:30-3 p.m. (1018) Juggling Hour 2:30-3:30 p.m.</p>	<p>17 Co-ed Hike 9:30 a.m. HICAP 10 a.m. Walking Club 10-11 a.m. Employment Assistance 10 a.m.-12 p.m., 1-3 p.m. MCC LGBTech 12-1:30 p.m. Men Living with HIV 1-3 p.m. Origami with Larry 1-3 p.m. (1015)</p>	<p>18 Art Lab 10:30 a.m.-12:30 p.m. My Life is Poetry 11-3:30 pm (1002) Culinary Graduation 11:30 a.m. (1020) Healing After Trauma 1-2 p.m. (1011) Meditation & Relaxation 1:30 p.m. Housing Drop-in Assistance 1-4 p.m. Monster Movie 1:30 p.m. Transgender Perceptions 8 p.m.</p>	<p>19 Women's Potluck 12-1:30 p.m. (1001) AEH Employee Pride Lunch and Crafting 12-3 p.m. Women's Circle 1:30-3:30 p.m. (1019) MOCA 50+ 2-4 p.m.</p>
<p>21 Game Day 10 a.m.-12 p.m. Iyengar Yoga 10:30-11:30 a.m. Photography 11:30 a.m.-12:30 p.m. Senior Writing Group 1-3 p.m. (1005) Reading Opens Minds 1:15-2:45 p.m.</p>	<p>22 Qi Gong 10 a.m. Country Line Dancing 11 a.m. Crafting with Fred 1-3 p.m. R&B Line Dancing 1-2 p.m. Bereavement Group 1:15 p.m. (1004) Carl's Tap Essentials 2-3 p.m.</p>	<p>23 Men's Social Group 10 a.m.-12 p.m. Men's Support Chat 11 a.m. (1007) Chair Yoga 11 a.m.-12 p.m. Beg. Tap Dancing Lessons 1-2 p.m. Senior Mobilization Squad 1:30 p.m. Juggling Hour 2:30-3:30 p.m.</p>	<p>24 Men's Hike 9:30 a.m. Alzheimer's Caregiver Support 10:30 a.m. Employment Assistance 10 a.m.-12 p.m., 1-3 p.m. Housing Supportive Network 11 a.m. MCC Potluck 12-2 p.m. Brain Power 1 p.m. Men Living with HIV 1-3 p.m.</p>	<p>25 Art Lab 10:30 a.m.-12:30 p.m. My Life is Poetry 11-3:30 p.m. (1002) Housing Drop-in Assistance 1-4 p.m. How to Search for Employment in A Tech World 1-2:30 p.m. (1025) Karaoke 3-4 p.m. Transgender Perceptions 8 p.m.</p>	<p>26 Bingo! 1-3 p.m. Women's Support Chat 1:30 p.m. (1006) Halloween Bash 6-9 p.m. (1016)</p>
<p>28 Game Day 10 a.m.-12 p.m. Iyengar Yoga 10:30-11:30 a.m. Farmers Market 11 a.m.-12 p.m. Senior Writing Group 1-3 p.m. (1005) Potions Class 1:30-3 p.m. (1028) Men's Dinner 6:30 p.m. (1010)</p>	<p>29 Qi Gong 10 a.m. Country Line Dancing 11 a.m. R&B Line Dancing 1-2 p.m. Veterans Support Group 1-2 p.m. Bereavement Group 1:15 p.m. (1004) Diabetes Self-Management 1:30-4 p.m. (1013) Carl's Tap Essentials 2-3 p.m. LGBT Veteran Connections 2-3 p.m.</p>	<p>30 Men's Social Group 10 a.m.-12 p.m. Chair Yoga 11 a.m.-12 p.m. Book Stop 11:30 a.m.-1:30 p.m. Juggling Hour 2:30-3:30 p.m.</p>	<p>31 Monster Movie Marathon 9 a.m.-4 p.m. Men's Hike 9:30 a.m. Game Day 10 a.m.-12 p.m. Employment Assistance 10 a.m.-12 p.m., 1-3 p.m. MCC Game Day 12-2 p.m. Case Management 12-2 p.m. Men Living with HIV 1-3 p.m.</p>	<p>Case Management (First-time Clients) Monday-Thursday, 10 a.m.-4 p.m.</p> <p>Lunch served Mon.-Fri., 12:30-1:30 p.m. at the Senior Center.</p>	